[Self-Reflection on Personal Dietary Intake](https://moodle.tru.ca/course/view.php?id=7042&section=21#bootstrapelements64145)

Before we learn about the requirements and functions of particular nutrients, it would be helpful to reflect on your current eating habits. This is meant to be an honest analysis of how healthy you think your current diet is.

Instructions

Submit a maximum 750 word reflection in a Word document that outlines your beliefs about your current diet.

* + - What are the strengths of your diet now? Are there any weaknesses?
    - What are the three top factors that influence your food choices on a daily basis? Why are these important to you?
    - Do you read food labels? What components of the food label do you pay most attention to?
    - Do you have episodes of mindless eating?
    - Are there particular nutrients that you try to consume or avoid?
    - Is there any information in particular that you’ve learned in Unit 1 that will now influence your food choices?

This will be interesting for you to refer back to once you’ve completed the course!

Grading Rubric (12 marks total)

Here is a set of guidelines to help you set goals in your assignment and interpret the grades you receive:

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|  | **Exceeds Expectations**  **(3 marks)** | **Meets Expectations**  **(2 marks)** | **Does Not Meet Expectations**  **(0–1 mark)** |
| **Comprehensiveness** | The student provides detailed responses for all questions. | The student provides responses for all questions. | The student provides incomplete responses for some questions. |
| **Understanding** | Responses are clear, precise, and accurate. | Responses are mostly clear, precise, and accurate. | Responses lack clarity, accuracy and/or precision. |
| **Application** | The student applies knowledge and theory to new contexts with superior skill. | The student applies knowledge and theory to new contexts well. | The student fails to convincingly apply knowledge and theory to new contexts. |
| **Technical Merit** | Spelling and grammar are accurate. Sentences and paragraphs are well-constructed. | Minor and/or few spelling or grammatical errors exist. Sentences and paragraphs are mostly well-constructed. | Several spelling or grammatical errors exist. Sentences and paragraphs are not well-constructed. |

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